



Naturalist & Environment— Chickadee Trail

RendezvousWellness.com

Task & Purpose: Environmental Integration – A holistic approach honoring the body, mind, emotions, and environment.

Posts

1. Warm-up – Joint lubrication – Ankle rotations, point & flex

- Walk Focus – Awaken your senses – Tap into what you hear and the various sounds of nature around you (Aspens, breeze, birds, and your own footsteps)

2. Single-leg Proprioception – Single leg lift (eyes open, eyes closed)

- Walk Focus – Feel through your feet – Underfoot sensitivity & connection

3. Reverse Lunge – Balance, hiking muscles of the quadriceps

- Walk Focus – Visuals – Colors, textures, “see the beauty!”

4. Bench – Mental & Visual focus – “Maglite Technique”

- Walk Focus – Macro / micro focus

5. Finish / Return Trip – “Reach for the sky” stretch

- Walk Focus – Putting it all together – Environmental Integration – Sensory awareness



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